



Make Family Health History a Tradition

How to Talk with Your Family

Do you need some fun ideas to get your family talking about your family health history? Try some of these ideas to help get a conversation going. Even if your family doesn't want to talk about their family health history, you can use these ideas to collect your family health history and then share it with others.

- Write a chapter on your family health history in your personal history.
- Instead of using a tablecloth, use sheets of butcher paper to cover the table and put crayons out for everyone to color with. Write down what you know about your family health history on the paper and then share what you wrote.
- Bring a copy of your family health history to your summer family reunion. Or make some time during your summer reunion to talk with your family members about your family health history.
- Take your child or grandchild to your Family History Center to research your family health history and fill out a Health Family Tree together. To find a center near you visit, www.familysearch.org.
- Complete a Health Family Tree and give it as a Christmas or birthday gift.
- Pick a family member to be your "family health buddy." Then work together to learn more about your family health history.
- Add a section on family health history to your family newsletter. Ask other family members to get involved with collecting your family health history.
- Add your family health history to your baby's keepsake book. Or if you have a new grandchild, give a copy of your family health history to their parents.
- Turn your family health history into a mystery game. Write the names of your family members on pieces of paper and put them in a hat or box. Then, take turns pulling one piece of paper out of the hat or box and guess what health problems your family member had or died from.
- Write a letter to your family members telling them how important you think knowing your family health history is.
- Turn family health history into a fun youth project for school or church. Family health history can even count towards earning Boy Scout and Girl Scout merit badges and other awards.

To get a free Family Health History Toolkit and Health Family Tree to collect your family health history, call the Health Resource Line at 1-888-222-2542 or visit our website below.

Family Health History Toolkit
www.health.utah.gov/genomics